

# The Newport Navallog

VOL. 104 NO. 15 APRIL 16, 2004

SERVING COMMANDS AND ACTIVITIES, NEWPORT, R.I.



## GI JOLT

**HANDS UP** — Sgt. 1st Class Karl Rivers, left, of the Army's 98th Division Drill Sergeant School at Fort Dix, N.J., takes a swing at Staff Sgt. Scott Miranda during Army Reserves hand-to-hand combat training at Gym 109. Story, Page 3.

Ron Fontaine/U.S. Navy photo



### Job Fair '04 Open to all

Job Fair 2004, co-hosted by the Fleet and Family Support Center at the Newport Marriott, is open to all hands next week.

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### Q's getting new furniture

Combined Bachelor Housing continues renovating and refurnishing several bachelor housing buildings under 'Quality of Life' initiatives.

— Pages 8-9



### NAPS nine stuns CCRI

The Naval Academy Prep School baseball team gets off to a slow start, but tallies its first win in a decade against the Community College of Rhode Island.

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Ron Fontaine/U.S. Nav photo

**Cmdr. Steve Burke, center, Executive Officer, Naval Station Newport, welcomes some of the Aquidneck Island high school students who are participating in the 2004 Boys and Girls State program this week at Perry Hall. From left are Bradford Sirois-Szafir and Patrick Conboy, both of Portsmouth High School; Joshua Fraley, Rogers High School, and son of Capt. James R. Fraley of the Naval Ambulatory Care Center; and Shelby Lane, Portsmouth High School, and daughter of Cmdr. David A. Lane, a student at the Naval War College.**

## Concert to offer chamber music

Navy Band Northeast continues its ninth annual Recital Series this month with a brass choir and wind quartet performing musical selections by Wagner, Gabrieli, Marks and Stravinsky.

"A Chamber Music Recital" will be Sunday, April 25, at 3 p.m. in Spruance Hall.

The final concert in the series is scheduled for Sunday, May 2, at 3 p.m. in Spruance Hall where the band will perform "Miles on End," featuring a variety of music made famous by trumpeter and jazz legend Miles Davis.

Both concerts are free and the public is invited as guests

of the Commanding Officer, Naval Station Newport. Attendees who do not normally have access to the Naval Station must contact NAVSTA Newport's Public Affairs Office at 841-3538 to be placed on an admittance list. Guests should enter the naval complex via Gate One, the main entrance.

## Begin job search at Job Fair

**By ELAINE FLEMING**

Fleet and Family Support Center staff

Occasionally, people ask about the value of attending job fairs. Of all the steps used in the job search process, attending a job fair is the easiest.

Where else can you come face to face with so many potential employers?

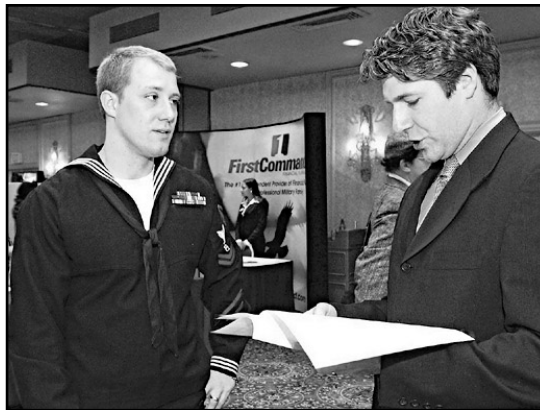
Attending a job fair is a useful way to gather information, names of people to contact later for a follow-up, and an easy way to get your resume out to potential employers.

Additionally, you can benefit by learning about a large number of employers in a short period of time. Job Fairs provide a low-stress way to learn what employers are looking for and may even lead to an interview.

You can do some basic research on companies that interest you, as well as some networking. Job fairs are a great way for you to become familiar with the whole recruiting process.

Here are some suggestions to make your time at the job fair more productive:

- Be prepared. Bring pen, paper, copies of your resume and other relevant documents.
- Dress as if you are going on an interview. Do not wear your uniform.
- Arrive early and plan to stay for a while.



**Operations Specialist Second Class Tony Williams talks to a prospective employer at the Fleet and Family Support Center Job Fair last year at the Newport Marriott.**

• Remember to follow-up. Write a note to someone you talked with and mention something specific you discussed.

Job Fair 2004, co-hosted by the Fleet and Family Support Center (FFSC) and Newport County Chamber of Commerce, will be held on Wednesday, April 21, from 2 to 6 p.m., at the Newport Marriott.

For more information, call FFSC at 841-2283.

# Thrift Shop opens door to volunteers

**By PATRICIA BRADLEY**

NMCRS Publicity Chairman

The Navy-Marine Corps Relief Society (NMCRS), the aid society that is celebrating its century mark, has many faces that make up an extensive roster of employees at the over 270 offices around the globe.

With a small corporate staff, the society relies heavily on volunteers to carry out its mission to assist Navy and Marine Corps members and families in times of need. These men and women, active duty and retired, supply the NMCRS with over 97 percent of its people power.

In Newport the average number of volunteers is around 30 with the majority of volunteers working at the Thrift Shop. The Layette Program has a corps of a half dozen knitters/crocheters who help to keep the Junior Seabag stocked with an array of homemade booties, blankets and sweaters as well as purchased items.

There are other volunteers who assist in the office with record keeping, interviewing clients, reception and publicity. We have volunteers from all walks of life; active duty, retired, family members, and civilians who keep NMCRS Newport running on an even keel.

In the past year, the Thrift Shop served over 7,800 customers adding \$56,028 to the NMCRS coffers. Although the Thrift Shop is only open for

business four hours per week, (Tuesdays and Thursdays, 11 a.m. to 1 p.m.) the 20 volunteers log in an average 10 hours per week sorting through donations, tagging them for sale, placing them on the floor, and keeping the Thrift Shop in tip-top shape.

Executive Director Dan Brenton works closely with all volunteers to help assess local needs and coordinate training. Volunteers are always needed and welcome. If you would like join the NMCRS volunteer team or learn more about the various volunteer opportunities, please contact Brenton at 841-7342.

## To our readers

To post an announcement in *The Newport Navallog*, submit copy via guard mail (Code N01P), facsimile or hand delivery to our offices in Building 690 opposite the Naval Station (NAVSTA) Newport Main Post Office. Phone is 841-4921 and fax is 841-2265.

The U.S. Mail address is *The Newport Navallog*, c/o Naval Station Newport Public Affairs Office, 690 Peary St., Newport, R.I. 02841-1522.

Our email addresses are [alexanderr@nsnpt.navy.mil](mailto:alexanderr@nsnpt.navy.mil) for the editor Richard Alexander; or [christmasj@nsnpt.navy.mil](mailto:christmasj@nsnpt.navy.mil), for staff writer Joy Christmas.

To place an advertisement in the newspaper, either display or classified, contact *The Newport Daily News*, 101 Malbone Road, Newport, R.I. Phone 849-3300 or fax 849-3306.

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**The Newport Navallog is printed on recycled paper.**



# Army Reserve ‘fight club’ throws real punches

By **CAROLYN BAKER**  
NAVSTA Public Affairs Staff

Hand-to-hand combat may seem outdated, but this form of fighting has proven essential to soldiers serving in today’s war zones. Now, a cutting edge training program of “*Modern Army Combatives*” has gradually been imple-

mented over the past three years, to replace older and less practical techniques.

This new method of training came to Naval Station Newport last week as Army reservists from the 1st and 2nd Brigades, 98th Division, received drill sergeant training. Reservist Tim Aubin, Naval Undersea Warfare Center, helped

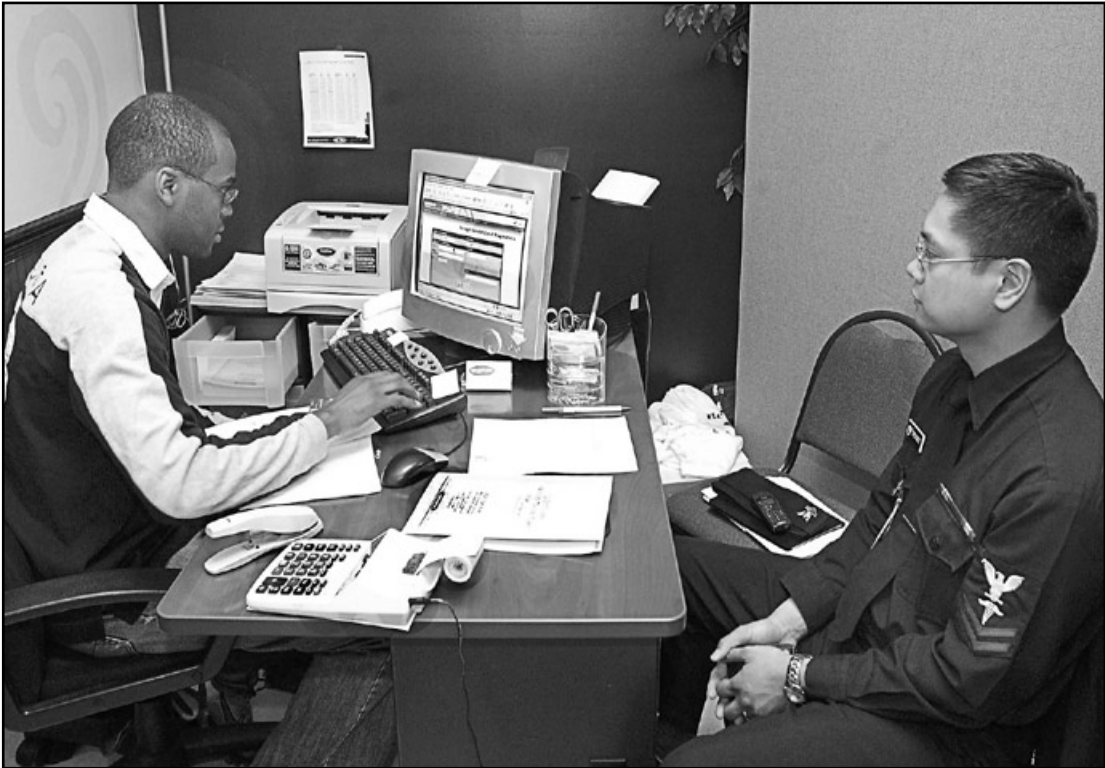
teach approximately 30 reservists from all over New England, New Jersey, New York and Pennsylvania.

“The old hand-to-hand combat was way too choreographed and too slow,” he said. “Using this new way, you can get people who can meaningfully defend themselves within a week.”

The reservists who participated are

part of a yearlong program to become drill sergeants. Their 40 hours of *Modern Army Combatives* instruction granted them Level 1 status, on a 1 to 3 scale, allowing them to teach introductory combative skills to their peers. Once they have completed the full

COMBAT, Page 13



**REFUND COMING?** Franco Leonard, left, an agent with Refund\$ Now tax preparation service outside Blimpie’s in the Navy Exchange, helps Hospital Corpsman Second Class Chris Ordonez last Monday with his IRS tax forms as the April 15 deadline approaches. Refund\$ Now is a division of Brier Accounting Services of Providence.

Ron Fontaine/U.S. Navy photo

## A number of things...

### 144

The number students who will graduate next Friday from the Naval Science Institute at Officer Training Command-Newport.

— Page 4

### \$5.50

The cost of a Black Angus hamburger with fries when the Officers’ Club introduces its sit-down lunch menu with wait service in the Constellation Room next Monday.

— Page 10

### 35

The number of runners who completed in the rescheduled St. Patrick’s Day Fun Run and Walk last Friday at Fitness Plus.

— Page 12

## War College curriculum offered on CD-ROM files

The Naval War College as of April 1 began offering their curriculum—which leads to Joint Professional Military Education (JPME) Phase I certification—to officers via CD-ROM. M.

This version, like the Web-based program already available, leverages technology to present the three NWC core courses: Joint Maritime Operations, Strategy and Policy, and National Security Decision Making.

“Starting in December 2006, anyone who is looking to be promoted to flag rank will have to be designated a Joint Specialty Officer. Both the new CD-ROM program, as well as the Web-based version we already offer, give more offi-

cers an opportunity to get the education they need to meet this new criteria,” said Professor Timothy Jackson, director of the College of Distance Education.

The CD-ROM program provides a substantial amount of video and audio presentations, student activities, and self-assessment exercises to highlight the key thematic points essential to understanding the material and completing the written requirements of the program. Officers who complete either the CD-ROM or Web-based program will be awarded a College of Distance Education Command and Staff diploma, JPME Phase I certification, and a Joint Specialty 7

CD-ROM, Page 13

## Newport Naval Cable TV

# Navy adds muscle to its future ESGs

*Navy and Marine Corps News* airs daily at 8:30 a.m., noon and 5:30 p.m. on channel 11. Look for the following stories and more on this week’s show:

— The Navy adds more firepower to the expeditionary strike group.

— The U.S. Navy leases HSV-2 Swift from Australia and uses the aluminum hulled catamaran as a test platform.

— Check out how the Navy clears mines from the air and sea.

— Though junior in rank, some young Sailors find themselves steering a submarine.

— The Navy’s new Virginia-class submarine uses joysticks for steering.

### Health and Wellness Videos

The Naval Ambulatory Care Center and the Health Promotion Action Council offer Health education and wellness programs on channel 13, daily, following *Navy and Marine Corps News*. During next week’s featured segments, beginning April 19, learn more

about *Exercise—It’s Quick and Easy*; and *Blood Pressure—Interesting Stuff to Know*.

If interested in classroom/video programs or in participating in the Health Promotion Action Council, call the Health Promotion Department at 841-6777.

### Fleet and Family Support

Fleet and Family Support Center videos deal with a variety of topics, which are of interest to children of all ages, and families.

The programs air daily on channel 11 at 10 a.m., 1:30 and 7 p.m. The weekly schedule is displayed below:

DAY	TITLE
Friday through Sunday	Handling Difficult Questions
Monday	Succeeding in Your Interview
Tuesday	Keys to Job Success
Wednesday	Career Planning Steps
Thursday	Resume Tips for Non-College Bound Youth

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## Bravo zulu



NSI photo

**MEMBERS** of Foxtrot Company, Naval Science Institute at the Officer Training Command-Newport, pose under the 16-inch guns of the battleship Massachusetts at Battleship Cove in Fall River. They and their shipmates will graduate next Friday.

# Naval Science Institute graduates 144 next week

**By JOY CHRISTMAS**  
NAVSTA Public Affairs Staff

The Naval Science Institute (NSI) at Officer Training Com-

mand-Newport (OTC-N) will graduate 144 students on Friday, April 23, 10 a.m. in Capt. Howard N. Kay Hall at Naval Station Newport.

Rear Adm. John Kelly, Commander, Navy Warfare Development Command, will serve as guest speaker.

The graduates include 30 NSI students and 114 who have also completed the Broadened Opportunity for Officer Selection and Training (BOOST) Program.

Part of the Navy's Seaman To Admiral-21 (STA-21) program, NSI is an intense nine-week officer candidate education and training program to prepare select officer candidates with the physical, naval science and academic skills equivalent to join and compete with midshipman candidate who have completed the first three years of Naval Reserve Officer Training Corps training at colleges and universities throughout the country.

BOOST is a rigorous nine-month college-based academic enhancement program to prepare select enlisted person-

**NSI, Page 12**

## NUWC recognized for Safety Ashore

NORFOLK, Va. (NNS) — The Naval Undersea Warfare Center Newport, R.I., was named a runner-up in the FY03 Secretary of the Navy Awards for Achievement in Safety Ashore that were announced April 2..

The SECNAV awards are presented annually to Navy and Marine Corps shore activities and fleet operational/support units located ashore, based on the overall quality of their occupational safety and health programs.

Awards are presented for nine categories, based on the mission and size of the respec-

tive activity. NUWC was runner-up to Marine Corps Air Station, Miramar, Calif., in the Large Non-Industrial Activity category.

"The nominations for this year's safety awards reflect the difference that can be made by senior leaders getting involved in the safety process," said Secretary of the Navy Gordon England. "The Navy and Marine Corps team is a family, and we should take more responsibility for the safety of our Sailors and Marines, just as we would for a member of our own family.

### Navy-Marine Corps Achievement

BMC Daniel Bates, Naval Station Newport Port Operations Department, from Commanding Officer, USS Stephen W. Groves, April 7, 2004

### Good Conduct

BUC James Diestel, Naval Station Newport Command Self Help, (sixth award), April 7, 2004

MRC Bonnie Hoard, Naval Station Newport Command Support, (fourth award), April 7, 2004

SK2 Dawn Medeiros, Naval Station Newport Supply Department, (second award), April 7, 2004

CE2 Jason Batchelder, Naval Station Newport Self Help, (second award), April 7, 2004

### Letter of Appreciation

FC1 Mark Medeiros, Naval Station Newport Naval Security Force, from Commanding Officer, Naval Weapons Station Earle, NJ, April 7, 2004

MA2 Leonard Davis, from Commanding Officer, Naval Weapons Station Earle, NJ, April 7, 2004

### Civilian Length of Service Award

Roger Poisson, Naval Station Newport Public Works Department, (30 years) April 7, 2004

Deborah Moore, Naval Station Newport Environmental Department, (20 years) April 7, 2004

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# Explore the civilian working world at Job Fair 2004

The Job Fair is open to everyone, including students seeking summer or part-time employment. Participants in the Job Fair are encouraged to bring at least 20 copies of their resumes, and should dress in attire suitable for a job interview.

The fair will feature employ-

## Fleet and Family Support Center

ers from several different fields, including health care, manufacturing, office services, technical, professional, financial services, and hospitality industries.

If you have questions about the Job Fair, contact the Fleet and Family Support Center at 841-2283. There is no cost to participate in Job Fair 2004 for employers or for those seeking employment.

**Lunch and Learn movie matinee** — Bring your lunch to the Fleet and Family Support Center on Friday, April 23, at 11:30 a.m., and watch Part I of the three-part film, "How to Deal with Difficult People." Registration is not required. Just bring your lunch and enjoy the show!!

**Reading Your Credit Report** — A representative from the Navy Federal Credit Union will be at the Fleet and Family Support Center on Tuesday, April 27, from 11:30 a.m. to 1 p.m., to discuss information on credit reports. Bring a copy of your

credit report to the class and find out how to read the report and correct any errors you may find..

Call 841-2283 to register.

**Homebuyers' workshop** — Purchasing a home is a com-

plex task. There are many questions that need to be answered before you take that big step. Come to the Fleet and Family Support Center on Thursday, April 29, from 7 to 9 p.m., and learn about your

options and how to decipher real estate lingo.

You will meet with a representative from the Navy Federal Credit Union to hear firsthand about qualifications for mortgages and other financial

options. Home-buying information for all areas of the United States is available at this workshop.

Registration is required and may be made by calling 841-2283.



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## What's going on

# All hands welcome at cleanup

Naval Station (NAVSTA) Newport will celebrate Earth Day and Arbor Day with a base-wide cleanup and tree plantings on Thursday, April 22, 8 to 11:30 a.m. All hands from all commands are welcome and encouraged to participate.

Concentration will be on the perimeter of individual office buildings, with joint volunteers helping to police the shoreline. A picnic will take place for all participants at noon at the Recreation Center, Building 656. Rain date is April 29.

For more information, call Deb Moore at 841-1790.

### TODAY, April 16

- Armed Services YMCA (846-9622):
  - Parents' Time Out, 9 a.m. to noon. Let the "Y" take care of your child(ren) while you have some time to yourself. \$12.50 for the first child, then \$7.50 each additional child.
  - Scrapbooking, 6 p.m. to midnight. \$7 per session.
  - Fleet and Family Support Center (841-2283):
    - Lunch and Learn movie matinee (Styles of Communication), 11:30 a.m.
    - Newport Kids Fest continues through April 18. Wind up school vacation week with a wide range of day and evening activities citywide. For a complete list of remaining activities, call 845-6608, or visit [www.newportforkidsandfamilies.com](http://www.newportforkidsandfamilies.com)
    - "The Mosquito Fleet; World War II PT Boat," through July 1, Naval War College Museum, Monday through Friday, 10 a.m. to 4 p.m.
    - Seal watch cruise, 10:30 and 11:30 a.m., departing from Bowen's Landing, Newport. Also, April 17, 11

a.m., and April 18, 11:30 a.m. Call 272-3540, ext. 133.

- Russian submarine Juliet 484 Museum open for tours, Collier Point Park, Providence, weekdays 11 a.m. to 5 p.m. Weekends, 11 a.m. to 6 p.m.
- Free movies at the NAVSTA Newport Recreation Center available upon request: *Stuck on You* (PG-13); *Love Actually* (R).

### SATURDAY, April 17

- Earth Day at Roger Williams Park Zoo, 11 a.m. to 4 p.m., 1000 Elmwood Ave., Providence. Grand finale of Conservation Week with an environmental fair with over 50 area organizations to educate on ways to aid and preserve Earth's resources. Call 785-3510, or visit [www.roger-williamsparkzoo.org](http://www.roger-williamsparkzoo.org)
- Soup kitchen, 4:30 p.m., Community Baptist Church, Dr. Marcus Wheatland Boulevard. Military volunteers welcome.

### SUNDAY, April 18

- Chapel of Hope Sunday worship services:
  - Protestant service, 8 and 10:30 a.m.
  - Catholic mass, 9 a.m. and noon.
  - Sunday Brunch, Officers' Club, 10 a.m. to 12:30 p.m.
  - Sunday bowling, Sea view Bowling Lanes, Building 656, \$7 per person, two-person minimum per lane.
  - Soup Kitchen, Salvation Army, 4 to 4:45 p.m. Military volunteer welcome.

### MONDAY, April 19

- Armed Services YMCA (846-9622)
  - Parents' Time Out, 9 a.m. to noon. Let the "Y" take care of your child(ren) while you have some time to yourself. \$12.50 for the first child, then \$7.50 each additional child.
  - Open Sewing, 6 to 9 p.m.
  - Pawtucket Red Sox vs. Rochester Red Wings, 6:05 p.m., McCoy Stadium, Pawtucket. Discount ticket vouchers available at MWR Information, Tickets and Travel, Building 656, 841-3116. Games also, April 20 and 21, 6:05 p.m.

### TUESDAY, April 20

- Armed Services YMCA (846-9622):
  - Fitness Hour, 9 a.m. to noon. Childcare available for children over 10 months. \$4 for the first child, then \$1 each additional child.
  - Navy-Marine Corps Volunteer Day, 8 to 11 a.m. Free babysitting for

those volunteering their services at NMCRS Thrift Store. Call for details.

- Scrapbooking, 9 a.m. to noon. \$5 per session to crop.
- Home Decorating 101, 6:30 to 9 p.m.

• Fleet and Family Support Center (841-2283)

— Relationship Enhancement Workshop begins, 6:30 to 8:30 p.m. Third of six-session workshop for individuals and couples who want to learn some proven ways to improve communication in personal relationships.

- Newport Navy Choristers rehearsal, 6:15-8:45 p.m., Quinn Lecture Room at Naval War College. Call 847-4256 or 423-3523 for more information.

### WEDNESDAY, April 21

- Armed Services YMCA (846-9622):
  - Parents' Time Out, 9 a.m. to noon. Let the "Y" take care of your child(ren) while you have some time to yourself. \$12.50 for the first child, then \$7.50 each additional child.
  - Kids Sewing No. 3, 4 to 5:30 p.m. Also, April 22, 4 to 5:30 p.m.
  - Adult Beginner Sewing No. 1, 6 to 9 p.m. \$90 for five-week program.
  - Fleet and Family Support Center (841-2283):
    - Job Fair 2004, co-hosted by the Fleet and Family Support Center and Newport County Chamber of Commerce, from 2 to 6 p.m., at the Newport Marriott

### THURSDAY, April 22

- Armed Services YMCA (846-9622)
  - Parent and Toddler Playgroup, 10:45 a.m. to noon. A time to play and interact with other children. Open to families with children prenatal through age 5.

### Upcoming:

April 25 — "A Chamber Music Recital," Navy Band Northeast's Spring Recital Series, 3 p.m., Spruance Auditorium, Naval War College. Call 841-3538 to be placed on a visitors list.

April 25 — Neighborhoods of Newport. Tour private and historic and oceanfront homes located throughout the city for a charitable cause. For more information, call 841-5970, or visit [www.stmichaelscountryday.org](http://www.stmichaelscountryday.org)

# Have stress on job? Adjust view of life

By CAROLYN BAKER

NAVSTA Public Affairs Staff

No one can control how much stress he faces on a daily basis — he can only learn how to manage it.

This was the message that Nancy Johnson-Gallagher, a licensed social worker, gave at last week's workshop in Perry Hall. It was called, "Managing Stress and Change in the Workplace" and was sponsored by The Lexington Group through the Civilian Employee Assistance Program (CEAP).

Approximately 10 people showed up for the afternoon session, which lasted two hours.

As an icebreaker, attendees were asked, "What stresses you out?"

A variety of responses followed, such as family issues or demands at work. But in general, the group didn't have positive or effective outlets for

managing stress.

Johnson-Gallagher handed out several questionnaires, to measure the group's overall stress and anxiety, as well as job satisfaction. The leading cause of stress is change, and the participants agreed that changes at work, such as new management, make for a stressful situation.

Many at the workshop have worked at Navy Newport for more than a decade, and some for 20 years. They have seen the changes the naval complex has endured.

Johnson-Gallagher encouraged them to strategize with how to deal with change and the stress that it causes. After brainstorming, participants came up with the following ways they use to relieve stress:

- Exercise
- Meditation
- Playing with pets

**STRESS, Page 13**

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# Navy reiterates 'no tolerance' for sexual assault

By JOY CHRISTMAS  
NAVSTA Public Affairs Staff

April is Sexual Assault Awareness Month (SAAM) and the perfect platform to bring awareness and educate communities to the severity of the problem.

It's also a perfect time to reiterate the Department of Defense's "no tolerance" policy.

With its aggressive stance against sexual assault and to provide the safest possible physical and emotional environment for service members and their families, the Navy created the Sexual Assault Victim Intervention (SAVI) Program.

At present, the Navy is the only service with a formal program in place. In accordance with OPNAVINST 1752.1A, Naval Station Newport is actively committed to end this violent crime through victim advocacy support services, education and data collection for analysis.

At NAVSTA, Fleet and Family Support Center Director Kathleen Doherty serves as the NAVSTA Newport SAVI Coordinator and ensures a collective network of local services and resources are in place consistent

with stringent Navy policy.

In addition, the coordinator oversees and works collaboratively with the SAVI Program Coordination Committee. The committee, comprised of law enforcement and medical personnel and others from various NAVSTA departments and area tenant commands, meets quarterly to ensure all resources and services meet the needs of the community. Included on the committee are representatives from Naval Ambulatory Care Center Newport; NAVSTA Newport Security Department; Naval Criminal Investigative Service; NAVSTA Newport Staff Chaplain; Staff Judge Advocate; other area commands; and a staff member from the Sexual Assault and Trauma Resource Center of Rhode Island.

The SAVI Committee meets quarterly to review services, information, safety resources, etc., to ensure the following objectives are met:

- The sexual assault prevention policy becomes fundamental in day-to-day personnel management.
- Military personnel are made aware of SAVI Program policy through annual General Military Training (GMT).
- All personnel, military and

civilian are aware of all military and civilian resources in place for sexual assault victim assistance.

Doherty, who took over the directorship of FFSC in February said, the program in place

is great.

"Our focus now is to make it even better."

To solidify that commitment, Capt. Robert McLaughlin, Commanding Officer NAVSTA, has proposed a reso-

lution, which he and other tenant commanding officers on NAVSTA will sign.

For more information regarding SAVI services, contact the Fleet and Family Support Center, 841-2283.

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## Announcements

### NEX dry cleaner folds, new contractor sought

The Navy Exchange dry cleaning contractor, Slade Cleaners, went out of business earlier this month, Robin Joseph, NEX manager, has announced.

All clothing dropped off up through April 3 should be processed by Slade and will be available for pickup by patrons last week.

Any dry cleaning items dropped off at the Uniform Center for cleaning after April 3 will be returned to the NEX patrons, without being cleaned.

While the NEX could not control Slade's abrupt closing, the NEX is taking prompt action to secure another cleaner, he said.

The NEX is coordinating with its headquarters, Navy Exchange Command, and several local dry cleaning contractors to open for business as quickly as possible.

"The NEX apologizes for this inconvenience and wishes to thank all of its patrons for their patience, understanding and loyalty," Joseph said.

### Women's softball team organizing

A Naval Station (NAVSTA) Newport legalman is exploring interest in forming an all-female softball team to play against coed teams in the 2004 NAVSTA Intramural Softball League.

Competitive players of all hands who love the game are encouraged to sign up. The season begins in May.

For further information, contact Legalman Third Class Maggie Campano at 841-2609, or e-mail [campanom@nsnpt.navy.mil](mailto:campanom@nsnpt.navy.mil)



# Navy CBQs refurnished for comfort



**CHAMPAGNE HALL** headquarters for Combined Bachelor Housing, was dedicated in April 1997. Buildings 1313 and 1314 at left are receiving all new furniture this summer.

**FIRST CLASS** — A Distinguished Visitor quarters in Building 172, Coasters Harbor Island, features fine furniture and fancy window treatments. The building reopened last July after a \$527,500 contract for renovations and new furniture was completed.



**By RICHARD ALEXANDER**  
Navalog editor

**T**he Combined Bachelor Housing (CBH) Department is continuing its own extreme makeover this spring and summer, following the completion of contracts last year to refurbish several Q's on Coasters' Harbor Island.

Rachel Coston, CBH director, said money for the refurbishing comes from Appropriated Funds, and the timing is right. More than \$3 million has been spent — or allocated for this year— for five bachelor quarters buildings since 2003.

The Naval Station Newport CBH Division competes this August in the Adm. Elmo R. Zumwalt Award for Excellence in Bachelor Housing. In December 2000 and 2002 the Q's received a five-star accreditation from Navy Northeast Region and won the Zumwalt Award.

The five-star rating designates the CBH facilities and services as equivalent to or better than those provided by a top-quality residence hall or mid-grade commercial hotel.

Next up for refurbishing are Buildings 1313 and

1314 Bachelor Housing for "Permanent Party" occupants on Meyerkord Avenue at Peary Street.

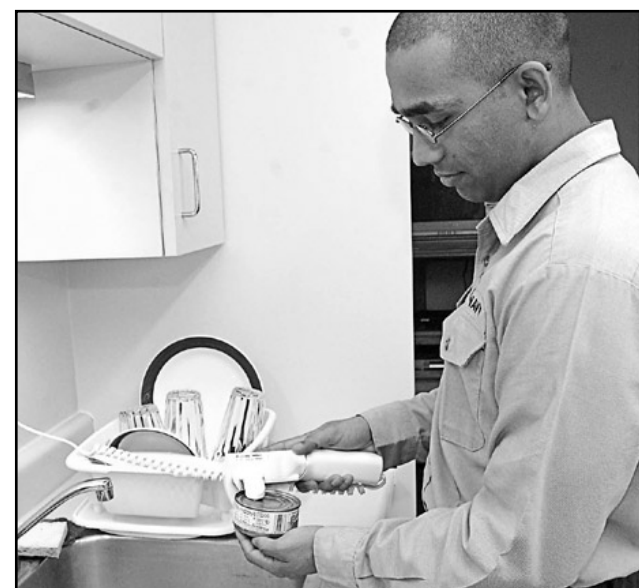
Under a two-phase \$750,000 contract, the 90 garden-style apartments, will receive new desks, beds, televisions, VCRs and DVD players, and armoires. They were last updated in April 1997.

The contractor, Shore Lines Manufacturers Group, began removing old furniture and carpeting this week. After dings and holes in the walls are spackled and minor repairs made, the interiors will be repainted, then new carpeting will be rolled out and furniture will be installed. The whole contract takes about 18 weeks.

The units are occupied by mostly junior enlisted who are on staff at NAVSTA Newport or tenant commands, and are assigned to Newport for up to three years. The exterior improvements to the complex will include an outdoor barbecue pit with the gazebo behind Champagne Hall.

Chief Culinary Specialist Arman Buenaventura, CBH Complex Manager at Building 447, said there have been lots of changes in bachelor quarters since he came in 14 years ago.

"Everything is quality of life," he said. "It used to  
**CBH, Page 9**



**LUNCH TIME** — Seaman Culinary Specialist Yamani Khan opens some tuna in the kitchen of his room in Building 447. The bachelor quarters was refurbished last year.





**CBH housekeeper Terry Bettencourt makes up a bed in Building 172, refurnished last year.**



**A ROOM in a transient personnel or students in Building 443 features a microwave/refrigerator unit, right center; with television, left.**



**LEFT PHOTO: Seaman Khan plays video games on his Sony PlayStation in his room in Building 447 on Peary Street.**



**OUT WITH THE OLD— Kevin Nelson of Shore Line Manufacturers moves an armoire out of Building 1313 behind the Senior Enlisted Academy as the bachelor housing 'permanent party' building is emptied to receive new furniture.**

## CBH

Continued from Page 8

be all E-1s shared a room, and there was just a bed, closet and bureau. You had to be at least an E-5 before you could get a single room."

The building managers, in a new concept, have a role in selecting furniture. Buenaventura said he usually makes his recommendation based on "best value" for the money. He chooses quality hardwoods, such as oak, for dressers, bureaus, desks and bed headboards. Coston decides on drapes, and bedspread fabric and colors.

"When the money is available it's cost effective to upgrade the furnishings," Buenaventura said. "Furniture is changed out about every seven years."

The four-story Eadie Hall Building 447, for example, was refurnished last year for \$650,000. Its interior was last renovated in February 1997-99.

The 78 suites each have a sitting room, kitchen, bedroom, walk-in closet and private bath. The sitting room has a desk and entertainment console with a flat-screen Sony TV, Sony DVD and VCR.

Chief Culinary Specialist Jesse Lee Algarin, CBH Complex Manager for visitor quarters, said the newest facility completed was Building 172

next to the Harbor Island Conference Center. It was returned to the Navy last July under a \$527,500 contract.

The four-story building has two-room suites and is designed for Sailors with funded orders for up to a year, and some transients under "Space Available." It has common kitchen areas on the second, third and fourth decks.

Building 443 south of the conference center was refurbished last year under a \$560,500 contract, he said. Three rooms on the upper decks are Distinguished Visitor or "flag suites," with luxury accommodations.

The six story Building 442 opposite the Newport Chalet was gutted about two years ago, and small kitchenettes added during renovations. It has 117 rooms, six of which are handicapped accessible. It will house mostly transient personnel, such as students and short-term visitors to the Naval War College.

After some problems between the contractor and ROICC were resolved, it now awaits furniture under a \$650,000 contract. Window air conditioning units will be installed next.

Newport Navallog, Friday, April 16, 2004

**Ron Fontaine/U.S. Navy photos**



## Naval Station Newport Dining

### Officers' Club

(Building 95, Phone 841-4821, 846-7987 or 849-3693)

**Today:** Lunch, 11 a.m. to 1:15 p.m., first deck, buffet-style selections.

**Tonight:** Kick-off the weekend at Topside Pub, the place to be on Friday nights 4 to 6. Our "happy hour" domestic beverage special (excluding Guinness) is only \$1.50!

For you designated drivers, there's free coffee or fountain drinks all night long!

**Saturday:** Topside Pub opens at 4 p.m. Full pub menu available until one hour before closing.

#### Upcoming Events:

Advance tickets may be required for the following events: Gratuity is included in all tickets prices and there is no charge for children age 3 and under at special events.

Tickets are available at the Officers' Club Gift Shop during normal hours of operation or by phone using Visa or MasterCard.

To purchase tickets or for more information, call 846-7987 or 841-4821.

**Crab-is-King** at the Officers' Club Friday, April 30, 6 to 9 p.m. Tickets must be purchased in advance and cost \$31.95 each, including gratuity. Order by phone (Visa/MC only) at 846-7987 or visit the O' Club gift shop.

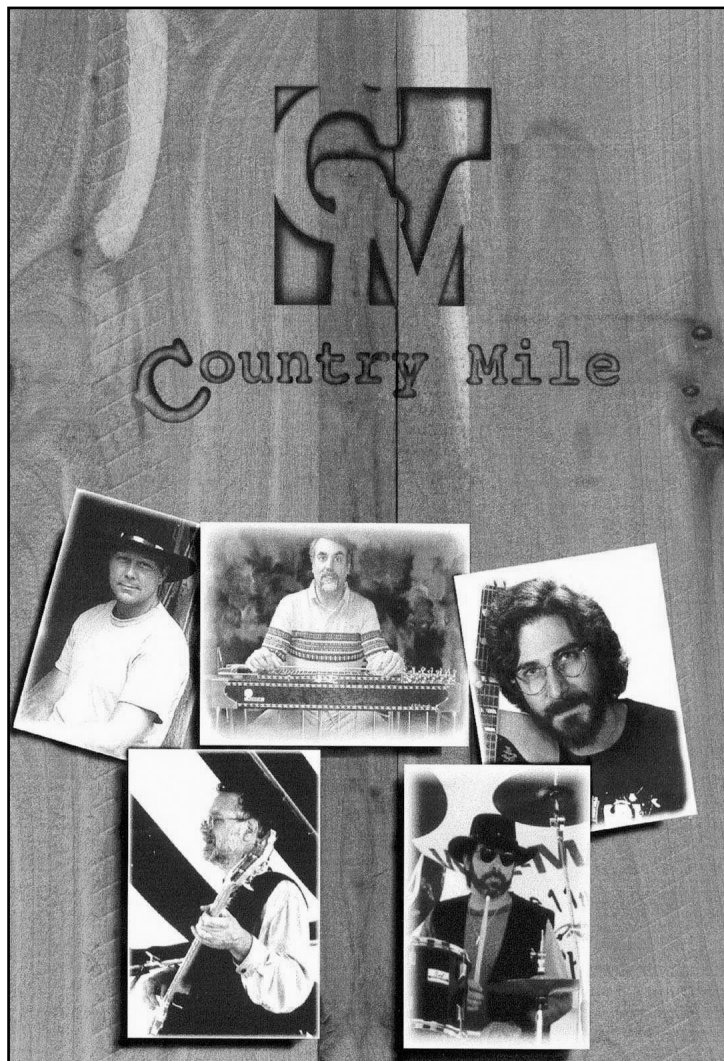
**The Country Mile Band** Dinner Show at the Officers' Club Friday, May 7, 6 to 11 p.m. Tickets must be purchased in advance and cost \$23.95 each, including gratuity. Order by phone (Visa/MC only) at 846-7987 or visit the O' Club gift shop.

### Enlisted Lounges

(Recreation Center, Building 656, phone 841-3054)

Hours of operation: The Enlisted Club is open 4 p.m. to 11 p.m., Wednesday to Saturday. The CPO Lounge is open Wednesday and Thursday, 4 to 9 p.m. and Friday, 4 to 11 p.m. Pub menu is available Wednesday through Saturday, 4 to 8 p.m. Lunch service is no longer available.

**Tonight:** Kick off the weekend with a rockin' good time! Head over to the Recreation Center, Building 656, every Friday and kick off the weekend with a fabulous TGIF party!



**Country Mile Band** will perform at a dinner show at the Officers' Club Friday, May 7, from 6 to 11 p.m. Tickets must be purchased in advance and cost \$23.95 each, including gratuity. Order by phone at 846-7987 or visit the O' Club gift shop.

Starting at 5 p.m., you are invited to enjoy complimentary hors d'oeuvres, sip refreshing beverages, and listen to the coolest tunes, spun by a rocking DJ from "Get With it Productions."

This is the perfect way to unwind after a long week, so mark your calendar, tell your friends and get ready to kick off the weekend at the Recreation Center. For more information, call 841-3054.

**Saturday:** 4 p.m. to 11 p.m., Pub menu available from 4 to 8 p.m.

**Wednesday** is "Wild Wings" Night, 5 to 8 p.m. Basket of chicken wings (available three ways), fresh celery and blue cheese dipping sauce costs just \$2.50!

**Thursday**, you are invited to enjoy the "Chef's Choice," a delicious, freshly prepared meal from our kitchen at a price guaranteed to please. The kitchen is open 5 to 8 p.m.

### Ney Hall Galley

(Building 292, phone 841-4450)

All hands welcome

**Weekdays:** breakfast, 6 to 7:15 a.m.; lunch, 11 a.m. to 12:30 p.m.; and dinner, 5:15 to 6:30 p.m.

**Saturday:** breakfast, 6:30 to 8 a.m.; lunch 11 a.m. to 12:30 p.m.; and dinner, 5 to 6:15 p.m.

**Sunday:** breakfast 8:30 to 10 a.m.; lunch, 11:45 a.m. to 1 p.m.; and dinner, 5 to 6:15 p.m.

### Noble Roman's Pizza

(Building 1255, phone 851-2006)

Breakfast, lunch and dinner menu. Dine-in, take out and home delivery to Navy family housing and Combined Bachelor Housing Quarters evenings only after 4 p.m.

Open weekdays, 6:30 a.m. to 9 p.m.; Saturday from 10 a.m. to 10 p.m.; and Sunday, 10 a.m. to 9 p.m.

# O'Club introduces sit-down lunches with table service

By JOY CHRISTMAS

NAVSTA Public Affairs Staff

Are you're tired of standing in a so-called fast food restaurant line for soggy burgers and fries in a paper bag?

Then try the new sit-down service lunch at the Officers' Club at Naval Station Newport.

Beginning Monday, April 19, lunch will be served in the Constellation Dining Room Monday through Friday from 11 a.m. to 1:15 p.m.

Among menu selections will be the O'Club signature half-pound black angus burger at only \$5.50.

Patrons can choose from an array of sandwiches, such as turkey club, grilled chicken, chourico grinder, tuna melt, Philly cheese steak, grilled ham and cheese, and chicken Sante Fe wrap, all modestly priced between \$4.75 and \$5.75.

"All of the sandwiches (burgers) are served with lettuce, tomatoes, fries and a pickle," Ron Kurtz, O'Club manager said. "It is really a good deal."

Entrée choices include fish 'n' chips, sautéed sirloin tips and Maryland fried chicken breast priced \$5.50 to \$7.25. Standard weekday specials include grilled chicken breast, baked scrod, home-style lasagna, shepherd's pie and lobster salad roll, respectively. In addition to the standard daily specials, there will be a daily special of the chef's choice, said Kurtz.

For salad lovers, a build-your-own salad bar will be located in the Constellation Dining Room. Salads cost \$5 and the soup of the day can be added for \$1 more. Crocks of clam chowder and chili will be available for \$2.75.

Beverages of coffee, hot and iced tea, beer, wine, soda and bottled water are also available.

And to make lunch a little more special, Kurtz said "legal tender" cards will still be valid. After buying 10 lunches, the 11th is free.

Parties of 20 or more are asked to pre-order by calling the catering office at 841-5111.

## Meetings/reunions

### Spouse Club to meet

The Newport Officer Spouse Club (NOSC) will meet April 21 at 7 p.m. at the McMacken Center, Ft. Adams Housing. Contact Maureen Covell at 295-0279 with any questions.

NOSC is open to the spouses of commissioned officers who are active duty, retired, deceased, or reservists on active duty, as well as federal civilian employees (GS-7 and above) assigned to the Newport area Navy activities.

### USS Bradley

The first reunion of the USS Bradley (DE/FF-1041) will be held Oct 7-10 in San Diego, Calif.

The association is eagerly searching for former crewmembers. If you served aboard the Bradley, please contact Bruce Gottsch at 20 Crambrook Road, New City, N.Y. 10956-4702. His phone number is 845-634-3993; e-mail [bgottsch@optonline.net](mailto:bgottsch@optonline.net).

### USS Cleveland

The former crewmembers of the USS Cleveland (LPD-7) will meet Oct. 7-10 in Dallas for their next reunion. If you served aboard the Cleveland, please contact Gil Eaton at 1727 Prime St, West Babylon, N.Y. 11704. His phone number is 631-669-2963.

### USS Courtney

The USS Courtney (DE-1021) will hold its next reunion Sept. 16-19 in Warwick, R.I. If you served on board any of the Dealey-Class destroyer escorts out of Newport, R.I., contact Marc Arsenault at 98 Oxbow Rd, Charlton, Mass. 01507. His phone number is (508) 248-5072.



## Leisure

### Bowling

(Building 656, 841-4293)

**Winter Bowling Hours:** The Seaview Bowling Center, Building 656, is operating on the following winter operating schedule: Monday, 5 to 9 p.m.; Tuesday through Friday, 5 to 10 p.m.; and Saturday and Sunday, 1 to 7 p.m. Rock and Bowl, every other Saturday, 8 to 11 p.m. Seaview Lanes will close for the months of June, July and August. For more information, call the Bowling Center at 841-4293, during business hours.

#### Specials:

- **Rock and Bowl:** Every other Saturday night beginning at 8 p.m. Cost is just \$7 per person. Bowl a strike when the head pin is red and you will win a prize! Rock and Bowl Night is tomorrow, April 17.
- Tuesday special bowl one game get one game free, 3 to 8 p.m., until May 4.
- Sunday special is \$7 an hour from 1 to 7 p.m. for two people.
- Bowling birthday parties available Saturdays and Sundays and include reserved lanes with or without bumpers. A party table with chairs is also included. Cost is just \$5 for each child, including shoe rental.
- Bumper bowling is always available.

### Youth/special fitness activities

(Gym 109, 841-3154)

• **Youth fitness program:** Eligible youth wishing to utilize Morale, Welfare and Recreation Department fitness facilities (Gym 109 and FITNESS Plus) are required to take a mandatory resistance and aerobics training class prior to entering the facilities during the designated times.

This class is required for youth ages 10 to 15, and is also available for 16 and 17-year-olds that may also choose to participate in the fitness assessment program instead.

The Youth Fitness Class is available on an individual basis by pre-registering at Gym 109 or FITNESS Plus in Building 355. Parents are required to be in the building where the course is being held during all class sessions.

Complete details on this program and youth fitness policies are available at Gym 109. Call 841-7196 for information or to pre-register.

### Aerobics/exercise

(FITNESS Plus, Building 355, 841-1474)

Current hours of operation are Monday to Friday, 5 a.m. to 7:30 p.m.; closed weekends and holidays.

**Yoga classes to start:** Register today for the next session of Vinyasa Yoga, beginning on Wednesday, April 21 at Fitness Plus, Building 355.

This class will take participants through a series of poses with particular emphasis on using breath to guide movement. Students will learn the Ujjayi breathing technique and prop-



**BE FLEXIBLE — Register today for the next session of Vinyasa Yoga, beginning on Wednesday, April 21 at Fitness Plus, Building 355. Call 841-1474.**

er posture alignment while enjoying a vigorous cardiovascular workout. Special attention will be directed towards postures that aid in athletic activities.

Kristen Wilkes, a certified Yoga instructor and a licensed dietician at the Naval Ambulatory Care Center, will teach. The six-week session costs \$60 and classes are held from 4:45 to 5:45 p.m. in the Aerobics Room at Fitness Plus, Building 355.

A minimum of 10, pre-registered participants is needed for classes to begin and all participants must have a yoga mat by the first class. Walk-ins are welcome. For more information, or to pre-register, call Fitness Plus at 841-1474.

### Computer Café

(Building 656, 841-2194)

- Personal computers available six days a week to send and receive email, surf the web, play games — all at no charge. There is a 10-cent charge for printing. Open Monday through Saturday, 11 a.m. to 9 p.m.

### Music/games

(Building 656, 841-3054)

- The next Karaoke night will be next Saturday, April 24 8 p.m. Showcase your talents with golden oldies, country hits, and of course, today's top tunes, beginning at 8 p.m. No cover charge, open to all hands. For more information, call The Recreation Center at 841-3054.

### Naval Station movies

- Recreation Center: The following movies are shown upon request beginning tonight: *Stuck on You* (PG-13) and *Love Actually* (R).

## Information, Tickets and Travel

### Bear and Big Blue House in Providence next month

The lovable cha-cha-cha dancing star of Jim Henson's, *Bear and The Big Blue House* is singing and dancing his way into cities across the nation.

Information, Tickets & Travel Office has tickets to *Bear and The Big Blue House* "Surprise Party" a national touring production starring Bear and his puppet friends from the Disney Channel television show on Saturday, May 15 at 2 p.m.

Tickets to see Bear at the Providence Performing Arts Center are \$22 each. Join Bear in his blue house as he throws a surprise birthday party for Tutter with all of his friends including: Ojo, Treelo, Pip and Pop. For more information, call ITT at 841-3116.

### Sound of Music coming to Performing Arts Center

The Sound of Music will be at the Providence Performing Arts Center on Wednesday, May 5 at 7:30 p.m. Information, Tickets & Travel Office in Building 656 has tickets for \$40 each.

The story of the Trapp Family Singers features favorite songs including *My Favorite Things*, *Do Re Mi*, *Sixteen Going on Seventeen*, *So Long*, *Farewell*, and many more unforgettable tunes. To purchase tickets or for more information, call 841-3116.

### The circus is coming to town

Lions and tigers ... and clowns and more of "the greatest show on earth," are coming to the Dunkin' Donuts Center in Providence!

That's right, the Ringling Bros., Barnum and Bailey Circus is coming and the Information, Tickets & Travel Office, Building 656, has preferred seating for the 11 a.m., 3 and 7 p.m. shows on Saturday, May 8, and the 1 p.m. performance on Sunday, May 9. Tickets are \$17 each.

### Vouchers available for Pawsox

Catch terrific baseball action close to home in Pawtucket, R.I., at McCoy Stadium, home of the Pawtucket Red Sox.

The Information, Tickets & Travel Office, Building 656, has discount ticket vouchers for all regular season Pawsox home games. General admission seat vouchers cost \$5 each and box seat vouchers are just \$8 each. For best available seating, redeem all vouchers to this season's games on your first visit to the box office.

These vouchers make a terrific gift for the sports fan in your family—and at such affordable prices, there doesn't have to be a special occasion! Pick yours up today! For more information, call 841-3116.

### See Broadway musicals here

The Information, Tickets & Travel Office in Building 656 has tickets available for the following Broadway musicals coming to the Providence Performing Arts Center in Providence.

Seating is located in the orchestra section for the Sunday matinee performances of the following shows:

*The Graduate*, April 18, 2 p.m. \$50.75

*Starlight Express* (music of Andrew Lloyd Webber), May 23, 2 p.m., \$49.

Tickets will be sold on a first-come, first-served basis and due to the limited number of tickets available, the Information, Tickets & Travel Office reserves the right to limit quantities. Call 841-3116 for more information.



Sports



Ron Fontaine/U.S. Navy photo

**THEY'RE OFF!** Some of the 35 participants in the St. Patrick's Day Fun Run/Walk leave from FITNESS Plus on a 3-mile course last Friday. The race was postponed from March because of snow.

35 run 'just for fun' at MWR

By KELLY CONNER  
MWR Department publicist

Approximately 35 people ran, jogged, walked or rode in strollers through the Morale, Welfare and Recreation Department's St. Patrick's Fun Run/Walk on Friday, April 9. The race was postponed because of snow last March 19. The event, under sunny skies and held in front of FITNESS Plus, drew active duty, reserve, retired, dependent

and DoD civilian participants. The three-mile course took participants around Building 355 down Meyerkord Avenue past the Navy Marine Corps Relief Society Thrift Shop, down Peary Street and Defense Highway to Pier One and back, before finishing up in front of FITNESS Plus. Walkers went just past Fleet and Family Support Center, and back. Department of Defense civil servant Bob Lane, of the Sub-

marine Sonar Department at the Naval Undersea Warfare Center Division, Newport, was the first to complete the fun run in 18 minutes, 24 seconds. Refreshments, including fresh sliced fruit, energy bars, pizza and water were available for participants at the finish area. The First Command Financial Planning Group sponsored the event. Additional fun runs/walks are being planned for this summer and fall.

NAPS baseball stuns CCRI

By CMDR. SEAN SULLIVAN  
NAPS Baseball Coach

The Naval Academy Prep School baseball squad finally added to the win column last week after returning from school's annual spring trip to Maryland last month. Sparked by a superb pitching performance, NAPS defeated the Community College of Rhode Island (CCRI), 2-1, on April 2; and timely hitting resulted in a ninth inning come from behind victory over Tabor Academy, 6-4, on April 3. But NAPS finished the week by dropping a doubleheader to Massasoit Community College, April 10, putting its season at 2-6 so far. **NAPS nips CCRI, 2-1** Damian Satete and Mark

McCoy pitched NAPS to a 2-1 victory over CCRI on April 2. Satete started the game and picked up the win, pitching six strong innings, recording six strikeouts and allowing one run on one hit. The win was the first victory over CCRI in over 10 years for NAPS. "I congratulate the Navy Prep Team on an excellent effort. The pitching performance was outstanding," said CCRI Head Coach Ken Hopkins. **NAPS stops Tabor, 6-4** Big Tom "Howdy" Hrusko's clutch one-out line drive single to right field plated winning pitcher Donnie Horner with the game-winning run in the top of the ninth to lead NAPS to a 6-4 victory over

Tabor Academy on April 3. Horner pitched 5 1/3 innings to pick up his first win of the year as NAPS improved to 2-4 on the year. The NAPS offense included two hits and a run scored by Renaldo Hollins, and RBI singles by shortstop Bill Magueri, thirdbaseman "Haas" Haag, and Andy West. **Massasoit sweeps NAPS** In a doubleheader at Massasoit Community College on April 10, Navy Prep fell easy prey to the Warriors. In the first game, John Mello pitched a one hitter as Massasoit completely dominated the NAPS nine. In the second game, Bill Lown scattered five NAPS hits as Massasoit completed the sweep.

NSI

Continued from Page 4

nel who exhibit potential to earn a college degree and a commission in the Navy or Marine Corps. The curriculum is comprised of mathematics, physical science, oral and written communication skills, military bearing, leadership and physical fitness. The graduates and their follow-on assignments follow:  
O/C Sung H. Ahn, Embry-Riddle Aeronautical University  
O/C Joseph J. Ames, University of Colorado, Denver  
O/C Ryan C. Anderson, The Citadel  
O/C Larell J. Atkins, University of North Florida  
O/C Ryan A. Auger, The Citadel  
O/C Wayne M. Bacon, University of Memphis  
O/C Derek L. Bader, University of Colorado, Boulder  
O/C Kyle A. Baker, Pennsylvania State University  
O/C Joseph T. Ballard, University of Colorado, Boulder  
O/C William Bauer, University of Arizona  
O/C Carlton T. Bayes, University California, San Diego  
O/C Adam J. Beaumier, Oregon State University  
O/C Craig R. Becker, University of North Florida  
O/C Bix A. Beiderbecke, University of Arizona  
O/C Brian A. Berumen, University of Arizona  
O/C Jason E. Bilbro, University of Missouri  
O/C Jeffery N. Blackard, Old Dominion University  
O/C Mathiew K. Blandin, University Of Colorado, Boulder  
O/C Nicholas J. Bleeker, Temple University  
O/C Jannira L. Bolden, University of Memphis  
O/C Chad T. Boser, University of Minnesota  
O/C Mark A. Boyle, Ohio State University  
O/C Thomas J. Brannan, North Carolina State University

O/C Daniel P. Burba Iowa State University  
O/C Jeffrey L. Burkholder, Old Dominion University  
O/C J Taylor Burton, University of Utah  
O/C Rebecca M. Buser, Pennsylvania State University  
O/C Nathaniel Byrd, North Carolina State University  
O/C Don C. Cade, Old Dominion University  
O/C David M. Camp, University of Washington  
O/C Christopher D. Caraway, University of Arizona  
O/C Jason M. Carroll, State University of New York Maritime College  
O/C Jeremy K. Carroll, University of Kansas  
O/C Gregory Caskey, University of Wisconsin  
O/C Benjamin Cavin, University of South Carolina  
O/C Jarrett D. Cerise, University of Idaho  
O/C Timothy T. Chadwick, University Of Idaho  
O/C Billy B. Chen, University of Idaho  
O/C Corey J. Chonsky, University of Wisconsin  
O/C Matthew E. Curtis, University of Idaho  
O/C Linda M. Dams, University of Maryland  
O/C James D. Davey, Old Dominion University  
O/C Louis E. Demarco, State University of New York Maritime College  
O/C Allen A. Derus, Eastern Michigan University  
O/C Gena Doss, Pennsylvania State University  
O/C Brett N. Eckert Jacksonville University  
O/C Harold L. Ellis University of Memphis  
O/C Joshua D. Firkin, State University of New York Maritime College  
O/C Mathew Fisher, Pennsylvania State University  
O/C Victor R. Foulk, University of Arizona  
O/C Daniel E. Gardner, Maine Maritime Academy  
O/C James M. Garrett, Jack-

NSI, Page 13

Intramural volleyball

The Naval Station Newport Intramural Volleyball League standings ending April 9 follow:

<b>March 31</b>	
Deep Six def. Code Blue, 15-7, 15-8	
NWC Seniors def. Hodge Podge, 15-3, 15-3	
<b>April 1</b>	
Deep Six def. Hodge Podge, 15-3, 15-7	
NWC Seniors def. Code Blue, 15-2, 15-4	
<b>April 7</b>	
Hodge Podge def. Code Blue, 15-7, 15-11	
NWC Seniors def. Deep Six, 15-12	
Deep Six def. NWC Seniors, 7-5	
<b>April 8</b>	
Deep Six def. Code Blue, 15-7, 15-12	

NWC Seniors def. Hodge Podge, 15-8, 15-6

<b>Standings</b>	
NWC Seniors.....	5-1
Deep Six.....	4-2
Code Blue.....	2-4
Hodge Podge.....	1-5

**BENNY'S CORRECTION**

The description of the Fiesta 45,000 BTU Gas Grill Advertised on the front cover of our SIZZLERS circular is incorrect and does not include a side burner. The picture of the grill is correct as shown. We regret any inconvenience this may have caused our customers.



# NSI

Continued from Page 12

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O/C Mason A. Welp, University Of North Florida  
O/C Brian D. Wilson, North Car- olina State University  
O/C Jennifer L. Wuest, Mary Bald- win College

# Stress

Continued from Page 6

- Spending time with family
- Cooking
- Reading
- Attending movies
- Removing oneself from the

stressful environment  
Johnson-Gallagher said while there is no cure for stress, there are ways to deal with stress that individuals must discover for themselves.

“You can’t change the world, but you can change your view of the world,” she said.

Balance your home life, spir- itual life, work life, and recre- ational life, she said. Focus on the good aspects of your life and journal them. Stop think- ing negatively.

When stress isn’t properly managed, both psychological and physical issues may follow, including depression, anxiety, fatigue, and an overall lack of enjoyment of daily life.

It is important to recognize signs of stress and try to chan- nel it accordingly, she said.

Johnson-Gallagher ended the stress workshop with a six- minute meditation session, proving how simple it is to find time and ways to reduce stress, one day at a time.

# Combat

Continued from Page 2

training, they will work with active duty mem- bers as drill sergeants and will train units from the National Guard, reserves, and active duty.

In full contact bouts, reservists fought through three phases of tactics — closing the distance by controlling the range between fighters, gaining the dominant position, and finishing the fight. The trainers wanted realistic situations so they randomly matched up reservists to fight each other.

“These techniques were designed so that a person can’t exploit size and they are rotated so that they go against multiple persons where they are unable to get used to one person’s style,” said Aubin.

Sergeants 1st Class James Orndorff, Jerry Levitt and Karl Rivers were the principal train- ers for the hand-to-hand combat, the only members of the 1st Brigade, 98th Division, who are Level 2 skilled.

Levitt, a police detective in Philadelphia said, “This training helps to minimize damage and provides a non-lethal way to detain people.”

He said that soldiers currently serving in Iraq and Afghanistan have reported that many of the fights they encounter are hand-to-hand, where they don’t have the time or opportunity to use a weapon. In these instances, hand-to-

hand combat is the only way for them to defend themselves.

“The Army spent years being specialists, but now we all need to be trained as fighting sol- diers,” Orndorff said. “The evidence is in the stories coming from soldiers in Iraq and Afghanistan.”

He said this new training, modeled after the Russian system of SOMBO that combines the techniques of Judo and Greco-Roman wrestling, provides a safe and realistic way to learn combative skills.

“They face their fears of being hit so that if and when it does happen, they won’t be shocked,” Orndorff said. During one of the days of training, reservists performed an exer- cise called “clinch against the puncher. They actually receive full punches from Rivers, who holds a black belt in karate.

Orndorff said, “if you don’t get hit, you don’t graduate.”

The objective is to prepare reservists for real- life contact and to test their reaction times and moves in response to blows. All of the instruc- tors maintained that the best way to learn how to defend oneself is through actual first-hand experience.

# CD-Rom

Continued from page 3

Additional Qualification Des- ignator.

A unique feature of the CD- ROM course, which will replace the paper-based ver- sion as of September 2004, is the format of the lecture mate- rial.

“Students will be able to view actual lectures by Naval War College professors, which will add a realistic element that should help officers under- stand the course themes and case studies,” said Jackson. “The entire program should take an officer approximately 16 to 18 months to complete.”

The program is specifically designed for unrestricted line officers on sea duty or assigned to remote or isolated locations. Officers on shore duty in fleet concentration areas can also receive the same education by attending one of the many Fleet Seminar pro-

grams.

One of these programs is offered in conjunction with the Naval Postgraduate School (NPS) in Monterey, Calif. As part of the agreement, NPS students who successfully complete the program are able to earn the College of Distance Education Command Staff diploma and JPME Phase I cer- tification. Normally, the course can be completed at NPS in four quarters, an equivalent of four credit hours per quarter.

For details on eligibility requirements, enrollment pro- cedures, fleet seminar loca- tions and other information, please check the College of Distance Education Web site at <http://cde.nwc.navy.mil/> or NAVADMIN 061/04

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CALL 849-3300  
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## Navy-wide news

### MWR and PGA promote golfing

MILLINGTON, Tenn. (NNS) — Navy Morale, Welfare and Recreation (MWR) has teamed up with the Professional Golfers' Association (PGA) of America and the National Golf Course Owners Association to promote the sport of golf through the "Play Golf America" program at Navy installations..

Play Golf America at [www.playgolfamerica.com](http://www.playgolfamerica.com) is a one-stop Web site that provides access to a variety of golf clinics and events for players of all abilities.

To date, eight of the 38 Navy MWR golf courses are listed on the Play Golf America Web site, and more are being added as the golf season begins.

### Promotion freeze just email hoax

WASHINGTON (NNS) — An April Fool's joke may be the genesis of a fake Navy message announcing a temporary freeze on fiscal year 2004 officer and enlisted promotions..

"All promotions and advancements are proceeding normally this year," said Sharon Anderson, spokesperson for the Chief of Naval Personnel. "The message is a hoax. There is absolutely no truth behind it."

The message, made to resemble a NAVADMIN, is circulating via e-mail.

For related news, visit the Chief of Naval Personnel Navy NewsStand page at [www.news.navy.mil/local/cnp](http://www.news.navy.mil/local/cnp).

### Enrollment open in Thrift Savings

WASHINGTON (NNS) — Sailors have the opportunity to invest in their own futures by taking part in the Thrift Savings Plan (TSP), which kicked off April 15 and runs until June 30.

As of December 2003, more than 138,000 Sailors were taking advantage of this retirement savings program.

TSP is a tax-deferred savings option and lowers the taxable income for participants in the 2004 tax year. The limit for contribution to TSP for members of the military is \$13,000 for 2004, a \$1,000 increase from 2003.

# Is Your Pet a Star?

Enter Fido or Fifi in The Newport Daily News' Prettiest Pet Contest and you could win fabulous prizes.

*In Honor of National Pet Week, May 2-8*

**1<sup>st</sup> - \$200 Gift Certificate from Aquidneck Aquarium & Pet Deli**

Buy your pet the best for *less...a lot less* - 847-3361

**2<sup>nd</sup> - Gift Certificate for 8 visits from**



**PET SITTERS - 849-3123 - \$96 value**

**3<sup>rd</sup> - \$50 Gift Certificate from**



**Potter League for Animals - 846-8276**

**Send in the cutest, cuddliest picture of your precious pet, along with the \$20 entry fee (payable to The Newport Daily News).**

**All participants will receive a laminated ornament of their entry.**

**Entries will be in the paper on May 8th. Readers will vote for the winners.**

**ENTRY DEADLINE: Monday, May 3rd at 4pm**

**Pet's Name:** \_\_\_\_\_

**Your Name:** \_\_\_\_\_

**Address:** \_\_\_\_\_

**Daytime Phone:** \_\_\_\_\_

Send photo and completed entry form to:

**Prettiest Pet Contest**

**The Newport Daily News, Attn: Class., P.O. Box 420, Newport, RI 02840**

**- or -**

**email photo (jpeg format only) & credit card # with your name, address & pet's name to**

**[layton@newportri.com](mailto:layton@newportri.com)**

**all payments to The Newport Daily News**



**Willy**

**2003's Cutest Pet Contest Winner**